

6. Location.
7. Capital.
8. Equipment.
9. Leadership.
10. No. hours & weeks, etc. opened.
11. Summer or Winter, etc. playground.
- 12.

Factors in Program Planning.

1. Variety (for different ages & groups)
2. Activities under indirect leadership.
3. Co-ordinating Activities (do something in one group & ^{subordinate}).
4. Inter-playground Games.
5. Evening Activities.
6. Special Programs.

Preparing for Program:-

1. Variety.
2. Act. for Boys & Girls.
3. Leaders time fairly divided.
4. Alternating of strenuous & quiet Activities.
5. Team & individual.
6. Special Activities for a time suitable to certain groups.
7. Arrange periods so projects can be completed longer without disturbing the groups.
8. Plan special features for every week or 10 days.
9. Stress act. which involve Co-operation as well as ^{Competition}.
10. Include act. which include Co-operation.
11. ~~Be programme.~~
12. ~~Include large groups.~~

10. Playground leader some freedom of choice in program.
11. Program progressive leading to climax.
12. Activities that include large groups.
13. Children some opportunity for suggestions.
14. Program closed if certain acts not successful.
15. Balance between special events & regular act.
16. Avoid bribing or forcing kids into act.
17. Emphasize opportunity for all to participate rather than individual.
18. Co-operation with other playground workers in planning prog.
19. Consult other centers as to avoid repetition of program.
20. Varying program to seasonal act.
21. Set definite obj. - decided what you want completed before end of summer.
22. ^{Special Attention} Organize groups & act when int. is high. These special act. will help carry int. over last weeks.

Equipment & Supplies.

1. Drinking fountains.
2. Should be fenced.
3. Well drained ^{I.B. Nant}
4. Surface. Oil. Mac Adam. Not clay unless kept well.
5. Grass.
6. Layout.

Young Children: Small area well protected, secluded space for free Tag. Shaded Area for quiet games.

Older Child: Tennis Courts. Baseball diamonds, etc.

No. of boys & girls attending weekly report. Attendance. name, age, sex.
Participation in various types of Act.

1. Accurate.
2. Regular.
3. Read.
4. Regarded in punctuality

Lighting:

Apparatus: small beds, boy & girls.

Criteria for selecting apparatus

1. Useful to large nos.
2. Lasting appeal. Safety nothing extremely high.
3. Expense. Think again before buying expensive equipment.
4. Space available.
5. All ages.
6. Supervision.

Miscellaneous Administration.

1. Safety: repairs on all apparatus.
2. Inspection of equipment regularly.
3. Dumping pits soft for landing.
4. First Aid Box.
5. Phone nos. of Docs. & hosp.
6. Toilet facilities.
7. Regulate for extreme heat.
8. Teach desirable health habits.
9. Danger zones marked.
10. Caution to visitors.
11. Checking out Supplies (Receiver's name, etc.)
12. Check on supplies.
13. Ground rules. (Age limit)
14. Safety Rules.
15. Ground rules posted.
16. Use of buildings. (State how, use, etc.)

Records & Reports.

Financial. (Expense. Income from Act.)

Inventory of equip.

~~Personnel~~ records.

Supplies.

312 Volunteers.

Registration (index cards in file)
Valuable for group accidents.

Name of child, telephone
Address.
Valuable name, special
Policy, Age, etc.

Weekly Report.

1. Attendance - morn., aft., even.
2. Weather.
3. Participation in various types of act.
4. Spectators.
5. Hist of Act. during week.
6. Name of leaders conducting each Act.
7. " " volunteers. Home address.
8. Accidents. Type if serious.
9. Property damage.
10. Visits to other P.Y.
11. Inspection of app. & equip.
12. Special events during wk & next wk.
13. Inter-play ground Act.
14. Hist of supplies needed.
15. " " repairs " "
16. " " special services req'd.
17. No. of boys - girls req'd for wk.

General Procedure:-

1. Prepare grounds. Equip. put out, counts assigned.
2. Middle morn. for strenuous act.
3. Special ev. in aft. (middle)
4. Quiet act. after lunch.
5. Early aft. - team act. not too strenuous.
6. Late aft. - meetings with Tr. leaders. Clubs. Leagues for young employed people.
7. Ev. - open for adults.

Play ground - Men & Woman. morn. aft. ev.
9.30 - 10.

Children under 8.	8 - 11	11 - 16
Getting out equip.		
Inspecting appant.		
marking counts.		

Posting announcements.

Distributing games supplies.

10.00 - 10.45

Group & singing games - Low organized games - Informal team & p. time

10.45 - 11.00

Free Play. Attendance taken. Clean up.

11.00 - 11.30.

Sand-box play. - Handcraft. - Handcraft.

Small app. Nature art.

Quiet games.

11.30 - 12.00.

Story-telling

Sand-box.

Folk Dancing in City Recreation

"Health and Physical Education"

- Lois Creighton -

In the early days of playgrounds when cities were trying to build up recreation programs, to meet the needs of communities of underprivileged people, folk dances were one of the chief forms of entertainment for both young and old during the evening hours. In the beginning public recreation was started for general welfare purposes, to provide amusement, entertainment, fresh air and exercise, ^{under the right conditions} for those who did not have it.

Folk dancing was participated in as part of the social life of the community. It began in the large cities where there were groups of various nationalities who had migrated to this country. In this way they were able to express their emotions and keep up with the customs of the old countries. These dances became the vogue and were taught to children and young people who attended the playgrounds.

Washington was more or less a pioneer in the playground movement and folk dancing has had a lasting place in its leisure-time program being taught all over the city as a daily activity.

The various dances have played a large part in festivals and pageants in all neighbourhoods, and in city-wide affairs, for they are colourful, lively in spirit, bring forth gay costumes and can be adapted to many occasions.

Thousands of girls and young women have participated in folk dancing at playgrounds and recreation centres. The values have been immense to them, both from a physical and social standpoint. They have developed poise and grace, acquired rhythm and have improved their personalities.

The young people in Washington have come together in folk dance festivals in each section of the city, which have included folk music and song besides the dancing. Groups have been selected from these festivals by the Recreation Department to perform in the National Folk Festival which takes place each year in Washington. Various nationalities are included such as; English, Irish, Danish, Dutch, Spanish, Mexican, etc. The music accompanying the dances always fits the form of the dance.

Folk dancing is decidedly adapted to both indoors and outdoors and large numbers can be taken care of at one time with little space being required. It should by all means be included in planning physical and social activities for both children and adults in the recreation program of to-day.

Health and Physical Education.
January 1941.

Track and Field.
1940 - 41.

Track & Field.

Relays:-

Runner should lean forward, muscles loose, knees bent, feet not far off ground.

Sprints:-

(1) European - jogging - Run on toes, weight of body forward, chest high. Head should be erect but not back ~~too far~~.

Runner should watch his own course.

Arms are in half-bent position and swing back and forth across body.

Shoulders relaxed but they do not swing.

(2) American - Piston - Position of body same as (1). Arms ⁱⁿ half-bent position swinging directly forward & backward as possible. Elbows are lifted high but hands should not come back farther than the waist.

Kind of Relays:-

(1) Pursuit - Usually four runners. First runner carries baton, ^{parallel to ground} in left hand. 2nd runner stands in crouching position with right hand behind back on hip to receive baton.

Training.

1. Objective of training is to produce a state of (A) Bodily strength (B) Reserve force in which every organ is healthy and subject to the control and direction of the mind.
2. Short windedness or long windedness are visible indications of the amount of one's reserve force.
3. In speed events women become breathless more rapidly than men, suffer carry capacity less - long distance running - therefore is not advocated for women because of the great reserve force necessary.
4. Intelligent control of your own personal training is an indication of your ability to control others.